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INTRODUCTION

This bibliography is designed as a reference guide for:

1. individuals employed in various counselling capacities who may be involved as pre-retirement co-ordinators in developing programs or conducting counselling sessions; and

2. personnel managers or employers who are interested in developing programs for their employees or "contracting out" for a program.

Because of the rapidly growing interest and on-going research in the areas of retirement and retirement planning, new materials are becoming available almost daily. This bibliography has concentrated on the most recent literature, as well as materials produced in Canada. For more comprehensive listings, readers are directed to other bibliographies identified in Section 5.

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G. Retirement As It Concerns Women

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SECTION 2

Supplementary Reading Materials for Pre-Retirees

The following publications - brochures, booklets, articles - are examples of the kinds of materials which may be assembled for distribution to participants of pre-retirement planning programs. The titles have been arranged according to topic; unless otherwise indicated, they are available free. The list is in no way exhaustive as new publications are constantly being produced. Program coordinators are encouraged to seek out the most recent editions of publications produced by financial institutions, government departments, medical associations, etc.

A. General Planning for Retirement

A Full Life After 65

Public Affairs Pamphlet #347
price 35¢

Public Affairs Pamphlets
381 Park Avenue South
New York 10016

Getting Ready to Retire

Public Affairs Pamphlet #182A
price 35¢

Public Affairs Pamphlets
381 Park Avenue South
New York 10016

Planning For....The Later Years

Mental Health Division
National Health and Welfare
Ottawa, Ontario

Planning The Rest of Your Life

Fastback 61 price 50¢

Phi Delta Kappa Educational Foundation
Bloomington, Indiana

Retirement: What Then

(53:3, March 1972)

Monthly Letter Department
Royal Bank of Canada
Royal Bank of Canada Building
Box 6001
Montreal, Quebec
H3C 3A9

B. Health

About Arthritis

The Arthritis Society
420, 920 Yonge Street
Toronto, Ontario
M4W 3J7

About Attaining Your Life Expectancy

(56:1)

Monthly Letter Department
Royal Bank of Canada
Royal Bank of Canada Building
Box 6001
Montreal, Quebec
H3C 3A9

Alberta Blue Cross Publications:

Non Group Plan

Outside Canada Emergency Health Plan

Alberta Blue Cross
10025 - 108 Street
Edmonton, Alberta
T5J 1K9

Alberta Health Care Insurance Plan Publications:

How You Can Benefit From .....

Extended Health Benefits Program

Alberta Health Care Insurance Commission
118 Avenue & Groat Road
Box 1360
Edmonton, Alberta
T5J 2N3

or

J. J. Bowlen Building
620 - 7 Avenue SW
Calgary, Alberta
T2P 0Y8

Alberta Hospitalization Benefits and Nursing Home Plans

Alberta Hospital Services Commission
9th Floor, Centre West
10035 - 108 Street
Edmonton, Alberta
T5J 3E1

Cancer Publications (various titles)	Canadian Cancer Society Edmonton District Office 9907 - 108 Avenue Edmonton, Alberta T5H 1A5
Chart of Basic Needs of Middle-Aged Canadians	Canadian Mental Health Association #205, 10711 - 107 Avenue Edmonton, Alberta T5H 0W6
Exercise Guide for Men and Women	Metropolitan Life Insurance Co. 2nd Fl, 11460 Jasper Avenue Edmonton, Alberta T5K 0M4
Fitness For You!	Ontario Ministry of Culture & Recreation Special Services Branch Toronto, Ontario M7A 2R9
Food Guide for the Older Person	Information Directorate Health and Welfare Canada 205 Financial Building 10621 - 100 Avenue Edmonton, Alberta T5J 0B3
(The) Gift of Sight	Canadian National Institute for the Blind 12010 Jasper Avenue Edmonton, Alberta T5J 2L4
Health and Fitness	Health and Welfare Canada Fitness and Amateur Sport Branch 10th Floor Journal Building 365 Laurier Avenue Ottawa, Ontario K1A 0X6

Heart, Heart Attack, High Blood Pressure, etc. Publications (various titles)

Alberta Heart Foundation
#502, 10102 - 100 Street
Edmonton, Alberta
T5J 0S3

or

2011 - 10 Avenue SW
Calgary, Alberta
T3C 0K4

Leisure in the Later Years

Information Directorate
Health and Welfare Canada
205 Financial Building
10621 - 100 Avenue
Edmonton, Alberta
T5J 0B3

Meals for Seniors

Publications Office
Alberta Agriculture
9718 - 107 Street
Edmonton, Alberta
T5K 2C8

This Could Save Your Life

Canadian Medic-Alert Foundation
174 St. George Street
Toronto, Ontario
M5R 2N1

C. Financial Planning

Alberta Assured Income Plan

Alberta Social Services & Community Health
The Public Assistance Branch
Seventh Street Plaza
10030 - 107 Street
Edmonton, Alberta
T5J 3E4

Canada Pension Plan Publications:

Your Canada Pension Plan
Disability Benefits
Retirement Pension
Survivor's Benefits
The Earnings Test

Canada Pension Plan
7th Floor, Manulife House
10055 - 106 Street
Edmonton, Alberta
T5J 2Y6

or

811 - 7th Street SW
Calgary, Alberta
T2P 1Z5

Old Age Security Publications:

Guaranteed Income Supplement Guide

Spouse's Allowance

Your Old Age Pension

Old Age Security
7th Floor Manulife House
10055 - 106 Street
Edmonton, Alberta
T5J 2Y6

or

805 - 8th Avenue SW
Calgary, Alberta
T2P 1H7

Registered Retirement Savings Plans and Registered Home Ownership Plans

Farm Management Branch
Alberta Agriculture

Revenue Canada Publications:

Income Tax and the Senior Citizen

Registered Retirement Savings Plans

Revenue Canada Taxation
9820 - 107 Street
Edmonton, Alberta
T5K 1C8

or

205 - 8th Avenue SE
Calgary, Alberta
T2G 0L1

Saving For Retirement

Metropolitan Life Insurance Co.
2nd Floor, 11460 Jasper Avenue
Edmonton, Alberta
T5K 0M4

Unemployment Insurance Commission Publications:

Age 65 - Unemployment Insurance Commission

Appeal Procedures

How To Complete Your Application for Benefits

How To Complete Your Claimant's Report

Rights and Obligations

Unemployment Insurance Commission
10704 - 102 Avenue
Edmonton, Alberta
T5J 0G2

as well as other regional offices throughout the province.

Various pamphlets on money management, pension benefits and retirement savings are available from banks, credit unions, trust and insurance companies.

D. Legal Planning

Building an Estate (53:10, October 1971)	Monthly Letter Department Royal Bank of Canada Royal Bank of Canada Building Box 6001 Montreal, Quebec H3C 3A9
How Much Will I Leave?	National Trust Co. Ltd. 10072 Jasper Avenue Edmonton, Alberta T5J 1V8
Laws for Albertans	The Alberta Women's Bureau 1402 Centennial Building 10015 - 103 Avenue Edmonton, Alberta T5K 0H1
No Will? Who Inherits?	Royal Trust 400 Royal Trust Tower 10205 - 101 Street Edmonton, Alberta T5J 0T9
Planning Your Will	Canada Permanent Trust Company 10038 Jasper Avenue Edmonton, Alberta T5J 1S4
Wills and Estates for Albertans	The Alberta Women's Bureau 1402 Centennial Building 10015 - 103 Avenue Edmonton, Alberta T5J 0T9
Why You Need a Corporate Executor Your Will	Royal Trust 400 Royal Trust Tower Edmonton Centre 10205 - 101 Street Edmonton, Alberta T5J 0T9

SECTION 3

Periodicals and Journals

The following journals and magazines often print articles on subjects related to retirement and preparation for retirement.

Aging

U.S. Dept. of HEW
Administration on Aging
Washington, D.C. 20201

Dynamic Maturity

American Association of Retired Persons
215 Long Beach Blvd.
Long Beach, California 90801

Geriatrics

Lancet Publications Inc.
4015 W - 65 Street
Minneapolis, Minn. 55435

Harvest Years: Retirement Living

Harvest Years Publishing Co.
150E - 58 Street
New York, N.Y. 10022

Horizons

Alberta Council on Aging
#502 10012 Jasper Avenue
Edmonton, Alberta T5J 1R7

Industrial Gerontology

The National Council on the Aging
1828 L Street NW
Washington, D.C. 20036

International Senior Citizens News

International Senior Citizens
Association Inc.
11753 Willshire Boulevard
Los Angeles, California 90025

Lifespan

Foundation of Aging Research
50 W 57th Street
New York, N.Y. 10019

Mature Years

Methodist Publishing House
201 Eight Avenue S
Nashville, Tennessee 37203

Modern Maturity

American Association of Retired Persons
215 Long Beach Blvd.
Long Beach, California 90801

On Growing Old/Vivre Longtemps

The Canadian Council on Social Development
55 Parkdale Avenue
Ottawa, Ontario

Journal of Gerontology

Gerontology Society
1 Dupont Circle
Washington, D.C. 20036

Senior Citizens News

National Council for Senior Citizens, Inc.
1511 K Street, NW
Washington, D.C. 20005

The Gerontologist

Gerontological Society
1 Dupont Circle
Washington, D.C. 20036

SECTION 4

Films and Filmstrips

TITLE	SOURCE AND/OR PRODUCER
*Aging	McGraw-Hill Ryerson Ltd.
Aging: A Modern Social Achievement	Canadian Film Institute on Aging
Alternatives	" " "
Antonio (identity and isolation)	National Film Board
**Ripple of Time (sexuality)	McGraw-Hill Ryerson Ltd.
*Art of Age	National Film Board
Critical Decades	Canadian Film Institute on Aging
Day after Tomorrow	" " "
*Golden Age	National Film Board
Growing Old (15 minutes)	" "
*Home for Life (Retirement)	Canadian Film Institute on Aging
Many Lives of J.Q.P.	" " "
Nell and Fred (housing)	National Film Board
New Prime of Life	Canadian Film Institute on Aging
Old Age	National Film Board
Old Age-Out of Sight-Out of Mind	Canadian Film Institute on Aging
Old Age - The Wasted Years	" " "
Preparation for the Later Years	Department of Health
Proud Years (medical rehabilitation)	Canadian Film Institute on Aging

* Ready or Not, Adult Life Planning - 10 part VTR color series. 60 minutes each
Access Alberta, 6005 - 103 Street
Edmonton, Alberta.

*Reflection	Modern Talking Picture Service
Rescue from Isolation: The Role of the Geriatric Day Hospital (Health Care)	Canadian Film Institute on Aging
*Rest of Your Life	" " "
*Retirement Planning Seminar (filmstrips and tape cassettes) 1973	American Association of Retired Persons, Washington, D.C.

Rights of Age	Canadian Film Institute on Aging
*Steps of Age (health)	" " "
Such a Busy Day Tomorrow	" " "
Therapetic Community	" " "
This is My Friend	" " "
Three Grandmothers (comparative)	National Film Board
*Where Mrs. Whalley Lives (Family workshops)	National Film Board

*Particularly useful for Pre-retirement Planning

** This film is very explicit and may offend some people.

SECTION 5

Retirement Bibliographies

A Bibliography of Canadian Research in Gerontology, 1949 - 1969

A. E. David Schoenfield
Department of Psychology
University of Calgary
Calgary, Alberta

Cost: Unknown

About Retirement and Pre-retirement Education

Supplementary Reading Materials for Pre-retirees

Selected Films on Aging

Oregon Centre for Gerontology
1627 Agate Street
Eugene, Oregon
U.S.A. 97403

Cost: Unknown

Bibliography, Subject Areas of Interest: Retirement, Income, Recreation, Services
A list of some available books and films

Alberta Council on Aging
#503 10012 Jasper Avenue
Edmonton, Alberta T5J 1R7

Cost: $10 a year which includes updates

Retirement, A Bibliography and Source Book, Ontario Ministry of Community and Social Services, Toronto, 1972.

Ontario Government Bookstore
880 Bay Street
Toronto, Ontario M7A 1N8

Cost: $1.00

The Seventh Age: A Bibliography of Canadian Sources in Gerontology and Geriatrics, 1964 - 1972

Central Mortgage and Housing Corporation
Ottawa, Ontario

Cost: Unknown

SECTION 6

Agency Contacts

Some organizations helping to promote the interests of older people in Alberta:

Alberta Council on Aging
Room 502
10012 Jasper Avenue
Edmonton, Alberta T5J 1R7

New Horizons (federal funding program)
203, 10621 - 100 Avenue
Edmonton, Alberta T5J 0B4

Senior Citizens Bureau
Social Services and Community Health
9th Floor, Seventh Street Plaza
10030 - 107 Street
Edmonton, Alberta T5J 3E4

Local Information and Referral Centres:

CALGARY
Kerby Centre
1133 - 7th Avenue SW

COUNTY OF STRATHCONA
Sherwood Park Senior Citizens Centre
Spruce Avenue & Fir Street

EDMONTON
Society for the Retired & Semi-Retired
10169 - 104th Street

FORT McMURRAY
c/o Preventive Social Services Office
9924 MacDonald Avenue

GRANDE PRAIRIE
Senior Citizens Recreation Centre
10222 - 101 Avenue

LACOMBE
Golden Age Co-ordination Project
c/o Preventive Social Services
P.O. Box 1179

LETHBRIDGE
Information Lethbridge
Yates Centre
9th Avenue & 10th Street S

MEDICINE HAT
The Veiner Centre
225 Woodman Avenue SE

SLAVE LAKE
Senior Citizen Co-ordinator
Box 605

For information on pre-retirement programs, the following organizations may be of assistance:

Continuing Education Divisions of Alberta school boards and post-secondary institutions.

Further Education Councils. There are 83 such local councils in Alberta.

District Extension Offices, Alberta Agriculture.

Alberta Career Centres, Department of Advanced Education and Manpower at the following addresses:

Edmonton

406 Boardwalk
10310 - 102 Avenue
Edmonton, Alberta
T5J 2X6
Phone: 427-5659

Calgary

801 Sun Oil Building
500 - 4th Avenue SW
Calgary, Alberta
T2P 2V6
Phone: 261-6347

Fort McMurray

206 Offereins Building
9912A Franklin Avenue
Fort McMurray, Alberta
T9H 3G3
Phone: 743-7207

Lethbridge

400 Professional Bldg.
740 - 4 Avenue South
Lethbridge, Alberta
T1J 0N9
Phone: 329-5444

St. Paul

405 Provincial Building
5025 - 49 Avenue
St. Paul, Alberta
T0A 3A0
Phone: 645-4475

Peace River

Grimbel Building
10032 - 99 Street
P.O. Box 2280
Peace River, Alberta
T0H 2X0
Phone: 624-6209

Pincher Creek

Alberta Career Centre
c/o Matthew Halton
Community School
P.O. Box 1090
Pincher Creek, Alberta
T0K 1W0
Phone: 627-3922

Red Deer

Alberta Career Centre
c/o 23 Piper Drive
Red Deer, Alberta
Phone: 343-0942